

عنوان مقاله:

Effects of A-2 Minute Single-Session Disclosure on Psychological Symptoms Among Female Traumatized Undergraduates

محل انتشار:

دومین کنفرانس بین المللی علوم رفتاری و مطالعات اجتماعی (سال: 1394)

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خلاصه مقاله:

Although, expressive writing with standard time frame has been shown to have health benefits for healthy participants, but, there is no study about minimum dosage of disclosure, specially, among pre-screened trauma survivors. Present study sought to examine the minimum dosage required to improve psychological health among female undergraduates with history of non-interpersonal trauma as well as the moderating role of individual differences. 46 pre-screened traumatized undergraduates after pre-intervention assessments, randomly assigned to write for a 2-minute session either about non-interpersonal traumas (disclosure) or university campus (control) topics in psychological laboratory. Then, they were assessed at post-intervention and 3-weeks later. A 2-minute version of written disclosure led to an immediate increase in negative mood, physical symptoms and subjective distress while writing which attenuated after writing. Also, trauma writing group assessed their experience of writing more emotional, more personal, more stressful, more difficult, more meaningful and more valuable than did controls. Although, there was a limited main group effects, however, the baseline individual differences significantly moderated group effects. Compared with control writing, disclosure led to improved psychological health among female undergraduates with lower baseline emotional approach coping and emotional expression, high baseline distress and severe trauma. Furthermore, several mechanisms of change were observed such as habituation, catharsis, devaluation, recognition of traumatic events and (marginally) acceptance. The minimum dosage required may be lower than previously thought and concerning its effects, the moderating role of baseline individual differences must be considered.

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